

VI Wave Concussion Management Policy, Procedures and Resources

Van Isle Wave adheres to guidelines outlined in [BC Soccer's Concussion Policy](#):

Signs and Symptoms of Concussion:

Physical:

- Headache
- Nausea
- Dizziness
- Blurred Vision
- Fatigue
- Balance Problems
- Noise/Light Sensitivity

Emotional:

- Irritability
- Sadness
- Anxious or Nervous

Cognitive:

- Slowed Thought
- Memory Loss
- Poor Concentration
- Disturbed Sleep

If a player shows any signs of the following red flag symptoms **CALL 911** immediately:

- Loss of Consciousness
- Increased Confusion/Irritability
- Repeated Vomiting
- Seizure or Convulsion
- Weakness in Arms/Legs
- Tingling or Burning in Arms/Legs
- Deteriorating Consciousness
- Onset of Neck Pain
- Severe or Increasing Headache
- Unusual Behavior Change
- Double Vision

Concussion Protocol

1. Respond
 - a. If a player is suspected of having a concussion, remove them immediately from the game.
 - b. Take your child to the nearest Emergency Department immediately if any of the "red flag" symptoms are present.

2. Report
 - a. Within 24 hours, make an appointment with your family doctor or request a referral to a concussion specialist.
 - b. Within 48 hours, if an independent pre-season Baseline Concussion Assessment was completed, consider a follow-up appointment.
 - c. If a concussion is diagnosed, notify the club immediately and cease all activities

3. Recover
 - a. Monitor for persistent symptoms.
 - b. Do NOT return to play before being cleared by your physician or concussion specialist.
 - c. **Van Isle Wave requires a letter clearing a player to return to club activities**

Concussion management tools

- [Child - SCAT3 Sport Concussion Assessment Tool \(ages 5 - 12 years\)](#)
- [SCAT3 Sport Concussion Assessment Tool \(age 13 years and older\)](#)
- [Pocket Concussion Recognition Tool](#)
- [Understanding Concussion](#)

